

West Sacramento NEWS-LEDGER

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Wednesday, February 25, 2015

Homeless-to-motel experiment comes to end

City & county officials point to its 'successes,' say they'll analyze the experiment's lessons

News-Ledger Staff

A joint city-county program to take homeless people off the river and help them get into a life of social services, jobs and permanent housing comes to an end at the end of February.

Yolo County spokeswoman told the press that about 100 volunteers and staff helped move 63 people and 40 pets into the Old Town Inn at 826 West Capitol Avenue back in November.

"Now, three months later, the successes of this pilot project are becoming apparent."

Gabor said that two people have found their own housing and another 18 (35 percent of the participants) are "well on their way," with housing vouchers to help.

The workers increased the number of participants with health insurance from 49 percent to 82 percent, the number of people receiving CalFresh (food stamps) 49 percent to 75 percent; and the number of people with "a source of income" from 12 percent to 35 percent.

Each of the participants now has a caseworker as they move on.

Said West Sacramento City Councilman Oscar Villegas in the same press release:

"Beyond the successes, there are many lessons to be learned, which will be analyzed in the months to come. In the meantime, we need the community's help in continuing the success for those who have found housing."

Project participants who find housing typically move in with few household possessions. Organizers are looking for people to "adopt" such a household and provide food, kitchenware, cleaning supplies, furniture and other items. New and gently-used goods are both accepted. Interested people may email tracey.dickinson@yolocounty.org or call (530) 666-8046.

Meanwhile, West Sacramento's city council last week authorized \$1.5

million to buy and clear the troubled old motel, as part of a plan to accelerate revitalization of the Tower Bridge "gateway" area and

the Bridge District. Future revenue from re-use of the site would go back into the same fund.

The property is under

an acre, rendering it unattractive to developers on its own, say city officials.

Media reports say the Old Town Inn, like the former

Experience Motel — an adult motel formerly down the street — could be used as a fire training exercise before it comes down.

Looking for answers within a dream



KATHERYN HAINES: "If you get in touch with the dream language and you work with them, they will guide you."

(By AL ZAGOFISKY for the News-Ledger)

By Al Zagofsky
Correspondent

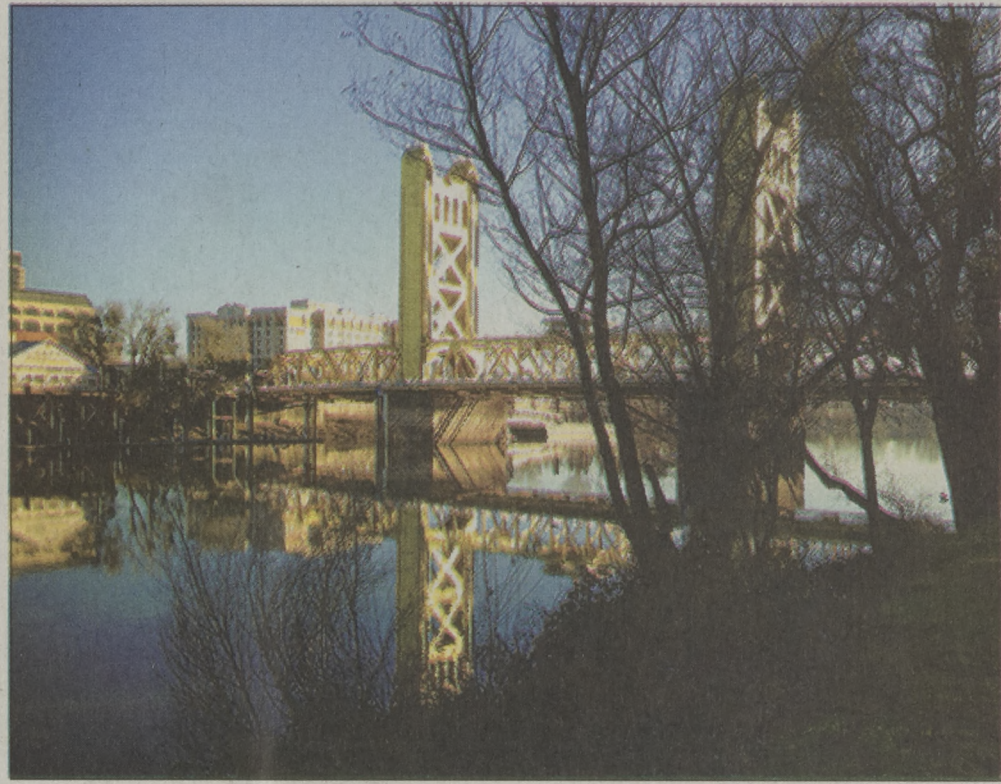
"When I was three weeks old, my mother died from complications from my birth," explained Kathryn Haines of West Sacramento. "It had a tremendous impact on my life and on my father's life—he never recovered."

"My dad was a chainsaw logger," she continued. "We were considered part of the working poor. We lived in a few logging camps and small towns in Oregon. He had a serious heart attack, and the state sent him to school to be an accountant. He died, at the age of 43 years old, before that was realized."

The passing of her mother left her father with a newborn baby and a toddler. "We moved a lot. My dad had a restless nature. He was perfect to me, but looking back..." Kathryn stopped to search through her memory, and laughed.

Her father remarried. "I had a 'mom,' actually my step-mom. She did the very

A 'still life' of the Sacramento River



This recent view of the Tower Bridge was taken from the West Sacramento riverfront, looking into downtown Sacramento

(By AL ZAGOFISKY for the News-Ledger)

best but the circumstances were hard because of my mother's death, and because of my father's grief. Still, looking back, I had a wholesome childhood with things that children nowadays don't take for granted—like my parents were always there."

Unresolved about her mother's passing following her birth, Kathryn didn't quite realize that she was searching for something. "I was a very unhappy person." So, at 16 she married and dropped out of school. "First marriages sometimes don't last if you are only 16 years old," she said.

"My second husband, Bill, who was a teacher, urged me to go back to school," she continued. "He pushed all the time and it made me kind of angry. I didn't want to go back to school, but eventually I did."

As an undergraduate, a professor asked Kathryn to choose a field. When she chose math, Bill advised her that she more than likely would wind up as a teacher.

"I didn't want to teach, so I spoke to a counselor, and she asked a simple question, 'What are the most books in your home library?'"

Kathryn instantly replied, "Psychology."

So, the counselor said, "That's your field."

"So obvious," said Kathryn, "but it's not obvious until you know it. Then the counselor asked me to pick a specialty. I've always been interested in dreams. Karl Jung was a great leader in that area—I love Jung."

Kathryn received a Bachelor's degree from Sacramento State, and a Masters degree from National University—both in psychology. "By the time I got into psychology, I had found a lot of the answers to my personal questions."

While in graduate school and beginning an internship, Bill was diagnosed with Multiple Sclerosis. They returned to Oregon where Kathryn had family and friends. Since she did not complete her internship, she couldn't be licensed as

a psychotherapist—but she could practice as a counselor.

"My patients could be described as the 'worried well'—people who had careers but are worried about something that is unresolved. Most of my clients were professional people such as a minister, a doctor, and academic administrators."

In 2000, Kathryn wrote a book on dreams for her clients, *Dreams—a Window to the Soul*. "I used in my practice because I did a lot of dream workshops. The book sold pretty well by word-of-mouth. She published a limited second edition in 2006. Neither edition is commercially available."

For many years, Kathryn has kept dream journals. "I took dreams, that were common to humanity, out of 10 years of my journals to illustrate the idea that there is a chronology to our dreams."

"Dreams tell us a lot," Kathryn explained. "Often, they make no sense to the

See DREAMS, p. 8

Police Log

News items below are collected from police dispatchers' notes and arrest reports. The information in them has often not been verified beyond the initial reports.

Feb. 16, 2:45 a.m.

A police officer contacted a 32-year old man seen "looking into the windows of a vehicle."

The man was found in possession of "shaved" keys, and he appeared to be on drugs. He was arrested for possession of burglary tools and for being under the influence of a "controlled substance."

Feb. 16, 7:27 a.m.

Someone robbed a sandwich shop on Harbor Point Boulevard using a gun. The thief got away with \$160 in cash.

Feb. 16, 8 a.m.

From a rental business on Promenade Street:

A victim reported that "an unknown suspect(s) stole 16 table bases from their parked commercial truck."

Feb. 16, 8:52 a.m.

A police officer contacted a 34-year old male transient seen "hanging out" at a motel on the 800-block of West Capitol. The officer learned that the man was a registered sex offender who was required to re-register every 30 days. The man had not registered since last July. He was picked up and jailed.

Feb. 18, 1:37 p.m.

The civil division of the Yolo Sheriff's Department had posted and evicted some residents from an apartment on Walnut Street. A 43-year old homeless woman in it was refusing to leave.

She "returned several times and became confrontational with the site manager," reported the officer. She was found to have a warrant, and was jailed.

Feb. 16, 2:39 p.m.

A police officer reported the following incidents concerning a 19-year old man from James Street:

On Jan. 26, the man was stopped for a vehicle code violation. He was found to be without a driver's license. The 19-year old was also on probation, and one of his probation conditions was that he not have contact with the other man found that day in his car. The teen's text messages also were "indicative that he had been selling marijuana."

He was "counseled" as well as cited for driving without a license.

On Jan. 29, an ex-girlfriend alleged that he had tried to hit her with his car. A report was forwarded to the District Attorney's office.

And then on Feb. 1, the same man was in

See POLICE LOG, p. 4

Bike tour comes back to West Sac

By Steve Marschke
News-Ledger Editor

Cyclists in this year's edition of the Amgen Tour of California bicycle race will pass through West Sacramento twice on Sunday, May 10, after the race kicks off its first stage at the state capitol. There should be plenty of local spectator opportunities both in the morning as the racers get their start and in the afternoon as they approach the finish.

Stage 1 of the 724.1-mile race will both start and end at the capitol building. It starts at 11 a.m.

"After an initial crossing of the Sacramento River via the iconic Tower Bridge, the race will pass quickly through West Sacramento to River Road," tour officials announced last week. "From here, the race will follow the winding Sacramento River through the small towns of Clarksburg, Courtland and Walnut Grove. The stage's fourth bridge crossing will take the race back over the river into Isleton."

Later, the athletes will re-cross the river into Rio Vista and travel through Solano County, Davis, Woodland, and back to West Sacramento and across the Tower Bridge. The stage is measured at 127 miles.

Stage two carries the riders from Nevada City to Lodi, and following stages will take place all over the state.

The race finishes with Stage 8, ending at the Rose Bowl in Pasadena on May 17.

The News-Ledger will bring more details of the exact Stage 1 race route as the race approaches.

For more information, visit www.amgentourofcalifornia.com.



Most years, the Amgen Tour of California has bypassed West Sacramento. But back in 2007, riders sped through this town as part of their Sacramento-area stage. Here, they round the corner from Sacramento Avenue to Jefferson Boulevard in West Sacramento on their way to the Tower Bridge (News-Ledger photo/2007)

On TV: something even worse than the programs

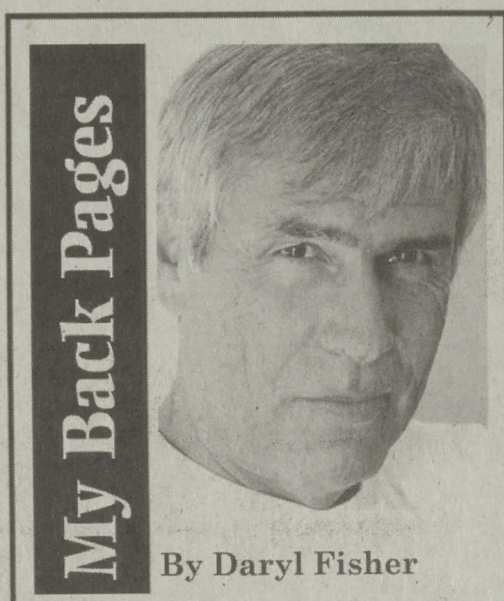
I was talking to a longtime friend the other day and the conversation somehow turned to what we liked and disliked about the programs that are on television nowadays. Actually, the "like" part for both of us was pretty simple — sports. It was the "dislike" part that took us quite a bit of time to completely cover.

"Most of all I can't stand all the political talking-heads that are on television 24/7," said my friend with emphasis. "And I don't much care if they're liberal or conservative, either, because they're all mean-spirited and the harsh rhetoric they use never gets us any closer to solving the country's problems. And I'm especially tired of all the time those shows devote to covering the latest political scandal and who got caught cheating on his poor wife, although I will admit it is kind of entertaining to see the ones who have spent their entire political career preaching family values have to stand up in front of the media and give their 'I have sinned' speech."

"You know what I've been doing lately when I get an urge to watch something other than sports on TV?" I asked my friend.

"What?"

"Well, I stumbled across this channel that shows nothing but re-runs of those great old TV dramas like Gunsmoke and Perry Mason and The Rockford Files, and I had forgotten just how well-written



My Back Pages

By Daryl Fisher

those shows were. In fact, if I sit down and watch 10 minutes or so of one of them, I'm usually hooked for the whole hour. I think the channel is called MeTo, or something like that, and you should definitely check it out. Oh, and it also re-runs episodes of really funny old situation comedies like Taxi, The Mary Tyler Moore Show, and Cheers. Some of those shows can still make me laugh out loud."

"At least you're not watching any of those god-awful reality things that are on almost every channel," said my friend. "I mean, I already have enough reality in my own life and I don't need to get involved in other people's drama to be entertained. Oh, and I've also had it with guys killing alligators, a Las Vegas pawn shop full of employees who need to be on diets, foul-mouthed mob-related women who are always yelling at each other, and rich housewives who are caked in makeup, addicted to plastic surgery, and don't realize how ugly and pathetic they are."

As our little conversation about today's television programming continued, the subject of all the horrible advertisements on television nowadays which are specifically directed towards men in our particular age group suddenly came up for discussion.

"I'm so sick and tired of hearing about the latest miracle drug for 'weak stream' or 'erectile dysfunction,'" said my friend with emphasis. "Can't the pharmaceutical companies just let us poor old guys age with a little bit of grace and dignity?"

"Are you kidding?" I said. "The drugs they're always advertising for those kinds of problems are some of their biggest money makers. Our medical miseries end up being their bonus checks."

"I suppose you're right, but every time I turn on the television — especially if it's a sporting event I want to watch — there's nothing but wall-to-wall Viagra and Cialis ads! You know, the ones where some not quite over-the-hill couple — with romantic music playing in the background and both of them looking all googly-eyed at each other — are trying everything they can to put some sex back into their relationship. Heck, if I tried to get all lovey-dovey like that with my wife all the time she'd probably throw me out of the house!"

"By the way," I said, "I read somewhere that Viagra is the best selling drug to come along since Prozac — something like 20 million men are taking it — or have at least talked to their doctor about taking it. Can you believe that?"

"Well," said my friend, "no way am I ever taking Viagra!"

"Why's that?"

"Because a relative of mine takes it and he let me read the instructions they gave him warning about all the possible nasty side-effects."

"Like what?"

"Like really bad headaches, sudden drops in blood pressure, and coital coronaries?"

"Coital coronaries? You mean dropping dead while you're having sex?"

"That's right."

'Oh,' said my friend. 'I've also had it with guys killing alligators, a Las Vegas pawn shop full of employees who need to be on diets, foul-mouthed mob-related women who are always yelling at each other, and rich housewives who are caked in makeup, addicted to plastic surgery, and don't realize how ugly and pathetic they are.'

"Yuck."

"Can you imagine that? My wife would kill me if I ever dropped dead while we were making love! She doesn't even like to have a dead fly in her bedroom, not to mention what all of her chatty work friends down at her state office would do with a really juicy piece of gossip like that. Oh, and did I mention that in addition to killer headaches, low blood pressure, and coital coronaries, some guys who take Viagra or Cialis also get blurred vision, loss of hearing, start seeing things with a green or blue halo around them, and even end up with temporary blindness? Now can you imagine that? Going blind and deaf just to be a better lover? Oh, and don't forget about those four-hour erections that can send you to an emergency room looking like a fool! Hey, why are you smiling?"

"Well," I said, "I was just trying to imagine what it would be like to have to sit around in a crowded emergency room some night for four hours, blind as a bat, with a terrible headache and low blood pressure, unable to hear what anyone is saying to me, and praying that 'things' will eventually return to normal."

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News submissions:
Please submit written news items to the below address by mail, email or in person. News deadline is Friday before publication. Please include your name for attribution and your phone number in case we have any questions.

Opinion submissions:
Letters to the Editor on topics of local interest are welcome. They must be signed, original, and must include the author's telephone number and address for verification. Letters should be brief and may be edited for length or objectionable or libelous content. Deadline is Friday before publication, and letters may be mailed or dropped off at the News-Ledger office.

Advertising: The deadline for classified advertisements is prior Friday at 5 p.m., and ads should be prepaid. An ad of up to 25 words costs \$3.50, plus 10 cents for each additional word, per publication. Please mail ad and payment to the address below, or drop it off in the News-Ledger office or through the office mail slot.

Deadline for all other advertising is 5 p.m. on Friday. Please email steve@news-ledger.com or call 371-8030 for information.

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Obituaries

Mary Rosalind Pilgrim
Mary Pilgrim was born on February 9, 1921 in Milpitas, California, and passed away peacefully in her West Sacramento home with her

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loving family by her side. She is survived by her beloved daughter and son-in-law, Kathleen (George) Manasero; son Joseph Pilgrim; daughter Susan Pilgrim; her cherished grandchildren, Gary Manasero, Tommy (Beverly) Manasero, Margaret-Ann Pilgrim and Mike Allendale, Joey Zaldivar, and Michelle DiGiacomo; her dear great grandchildren, Tate, Cole and Ethan Manasero, and Matthew and Michael DiGiacomo; loving sisters Emma Pyle, Madeline Silva, and Amy Bailey; and numerous nieces and nephews. She was preceded in death by her husband, Thomas Mervyn Pilgrim, son Thomas Leroy, parents Maria and Joseph Silva, and brother Arthur Silva.

Family and friends are invited to attend visitation on March 4, 2015 from 10 am to 1 pm at Sunset Lawn Chapel of the Chimes, 4701 Marys-

ville Boulevard in Sacramento. Funeral services will begin at 1 pm, followed by entombment.



Marilyn Jeanne Chavez
Marilyn Chavez, the loving and devoted sister, mother, grandmother and friend to many, died on February 14, 2015, surrounded by reciprocal love. She was born on April 7, 1947, and was a resident of West Sacramento since 1972. She is survived by her sweetheart of 49 years, three children and nine grandchildren.

An organizer full of energy, she was the engine that never stopped. A supporter to her children and a cheerleader to her grandchildren, she will be greatly missed.

A celebration of Marilyn's life will be held on February 28, 2015, beginning at 11 am at River Cities Funeral Chapel, 910 Soule Street in West Sac-

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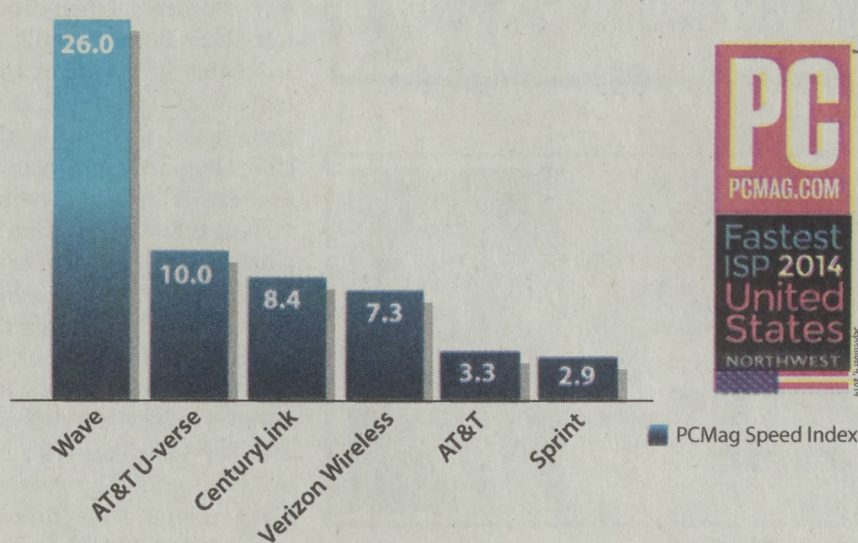
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POLICE LOG from page one

a physical altercation in a Riverpoint Court store. He fled from responding officers. The victim in the fight "did not want to press charges because he did not want to act like a snitch."

Police reviewed a store video showing that incident, and found that the suspect apparently punched the victim about five times with his fist.

Meanwhile, witnesses again reported that the suspect was spending time with the man with whom he was barred from contacting. The 19-year old's probation officer placed a "hold" on him, and police arrested him at his home on Feb. 16.

Feb. 16, 6:41 p.m.

An officer found an 8-inch knife on some clothing at a Todhunter Avenue school. No one was near it. The knife was booked.

Feb. 16, 6:58 p.m.

An officer contacted a man at Bridgeway Lakes Drive and Henshaw Road, finding that the subject had about one gram of marijuana, a "blunt," and some wax. The subject "voluntarily surrendered" the items for destruction.

Feb. 18

A woman reported having left a .22 caliber Smith & Wesson pistol in a residence she was evicted from back in 2000. She has a felony conviction (and was barred from owning a gun now), and reported that the Department of Justice had recently contacted her about this gun. Police took

a report.

Feb. 18, 8:52 a.m.

Police took an incident report:

An officer responding to a "trespassing" call on the 1400-block of West Capitol Avenue was flagged down by a citizen who said the male suspect was "choking and beating" the female. The officer determined there was no crime.

Feb. 18, 10 a.m.

A woman on Jefferson Boulevard in Southport discovered that someone had stolen the outboard motor from her boat. It was a \$500 12-horsepower Mercury.

Feb. 18, 10 a.m.

A vacant home on the 1900-block of Park Boulevard was found burglarized. Gone were a dirt mini-bike, a bicycle, tools, a compound bow, speaker, clock and other items. Total value of the loss was estimated at \$4,895.

Feb. 18, 10:17 a.m.

Police were dispatched regarding a panhandler at a Jefferson Boulevard gas station near Park Blvd. The panhandler turned out to have an outstanding warrant. He was arrested for that and "disorderly conduct."

Feb. 18, 3:24 p.m.

A Riverpoint Court store reported that an employee — a 23-year old woman from Hickory Way — had been seen eating some of the

store's food items without paying for them. The woman admitted eating about \$400 worth of the store's food over the past couple of months.

Police arrested her for embezzlement.

Feb. 19

A 39-year old Sacramento Avenue woman was cited and released for trying to shoplift \$52.50 worth of goods from a Riverpoint Court store.

Feb. 19, 3:03 p.m.

Police contacted a 52-year old woman and a 43-year old man illegally camping near Riverfront Street and Mill Street. Both had warrants, and went to jail.

Feb. 19, 4:47 p.m.

Police responded to a "fight in progress" on the 900-block of West Capitol. They ended up arresting a 50-year old homeless man for being too intoxicated to care for himself.

Feb. 19, 6:34 p.m.

The "Special Investigation Unit" of the West Sacramento Police Department and the Davis 'SAFE' police team were doing an undercover drug operation, conducting "street buys."

At an apartment complex on the 2400-block of West Capitol, two suspects "were approached by undercover officers and offered to sell (the officers)

liquid marijuana for \$20. Suspects led officers to (the complex) on foot, where they retrieved the liquid marijuana from an unknown location. The suspects then sold a vial of approximately one ounce of liquid marijuana for a pre-recorded \$20 bill."

The pair were arrested and the registered \$20 bill was retrieved from one of them. The other was found with a glass pipe for smoking methamphetamine.

Feb. 19, 8:21 p.m.

An ex-girlfriend reportedly punched through the window of a man's room at a motel on the 1800-block of West Capitol, causing

about \$80 worth of damage, reported the manager.

Feb. 19, 10:15 p.m.

Two undercover officers approached a 66-year old homeless woman on the 1000-block of West Capitol.

She "had a conversation with the officers about how much narcotics they wanted and what type."

She contacted a second suspect and walked back. The other suspect returned and "took \$20 from each officer individually. He entered the motel and would not allow officers to follow."

About ten minutes later, another woman came out and delivered the drugs. All three were arrested.

Readers' comments on feral cats:

On Feb. 11, the News-Ledger published an article about some local volunteers who trapped most of the feral cats in a colony living near Tower Mart in Southport, and had the cats spayed or neutered before they were re-released. When the article went online at WestSac.com, it drew several comments from readers:

From Dori Lucas: I think it is a great idea. At least they won't be multiplying.

From Rosa Ortiz: Can

they come over to the bridgeway lakes area too?!

From Carole Reichel: That is a good thing they are doing. Capturing, spaying and release. Tired of the individuals that dump their animals in the fields expecting them to survive.

(You can send a 'letter to the editor' on a topic of local interest to us at steve@news-ledger.com. Please use your real name and include your contact information.)



LOCAL from page 10

All things string

Do you knit, crochet, embroider or enjoy other 'fiber arts'? Bring your project or start something new in the crafting circle meeting 6 p.m. on the second Thursday and fourth Wednesday of each month at the library, 1212 Merkley Avenue.

Homework center

Kids in grades 3-8 can receive free homework help on Tuesdays and Thursdays from 3:30-5:30 p.m. at the library, 1212 Merkley Avenue. Pre-registration required: visit the library.

'Buddy reading'

Kids in grades K-3 can practice their reading skills by pairing up with a high school volunteer. There are 15-30 minute sessions available Mondays at 4:30 p.m. at the library (1212 Merkley Avenue). No charge, no reservations needed.

Practice English

Learning English? Practice in a fun, relaxed environment at the library, 1212 Merkley Avenue. Drop-ins welcome. The group meets 6:30 p.m. on Tuesdays, 4 p.m. on Thursdays and 10 a.m. on Fridays at 1212 Merkley Avenue.

'Nuggeteers' enjoy wine tastings

By Al Zagofsky
Correspondent

The West Sacramento Nugget Market has offered wine tasting events, generally every other Friday evening since opening their doors, and a respectable following of wine tasters has attended these tastings so predictably that they gave themselves a name, "The Nuggeteers."

Nugget's next Wine & Cheese Tasting, featuring Turkovich wines, is scheduled for Friday, March 6.

Typically, a variety of five different wines from a featured vintner are offered, and served along with one or two cheese varieties. The tasting that follows, on March 20, will feature Small Vineyard Italian Wines and Italian Cheeses. The tastings are from 5 to 7 p.m. There is a \$5 charge and attendees must be at least 21 years of age.

In honor of Sacramento



Beer Week, the West Sacramento Nugget Market will host two Beer and Cheese Tastings—one, on Friday, Feb. 27 featuring: Dust Bowl, New Belgium, and Goose Island beers, and the second on Wednesday, March 4 featuring: Common Cider, Deschutes, Karl Strauss, and Tap It beers. The events are from 5 to 7 p.m.

There is a \$1 charge and attendees must be at least 21 years of age.

See: <http://www.nugget-market.com/events/category/adult-beverage/>

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Joke of the week:

His request approved, the 'Bulletin' newspaper's ace photographer quickly used his mobile phone to call the local airport and charter a flight.

He was told a twin-engine plane would be waiting for him at the airport.

Arriving at the airfield, he spotted a plane warming up outside a hanger.

He jumped in with his bag, slammed the door shut, and shouted, "Let's go."

The pilot taxied out, swung the plane into the wind and took off.

Once in the air, the photographer instructed the pilot, "Fly over Mount Stuart and make low passes so I can take pictures of the fires on the hillsides."

"Why?" asked the pilot.

"Because I'm a photographer for the Bulletin' he responded, 'and I need to get some close up shots.'"

The pilot was strangely silent for a moment.

Finally, he stammered, "So, what you're telling me, is you're NOT my flight instructor?"

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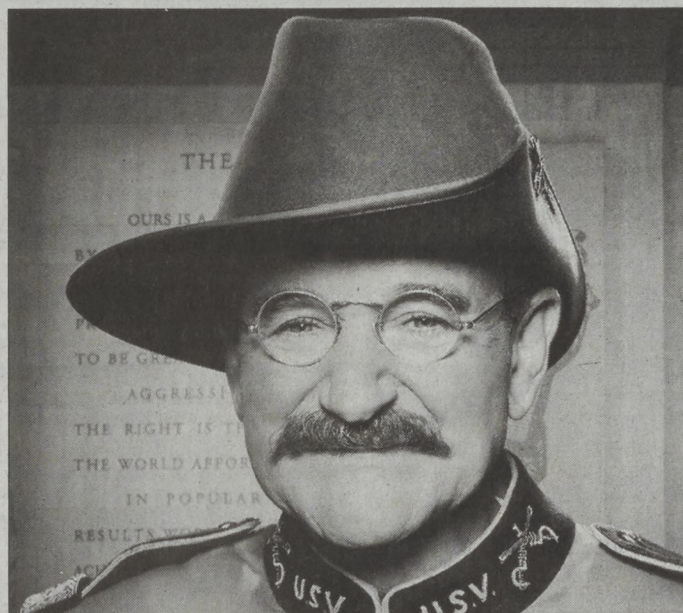


PICKS OF THE WEEK

"Night at the Museum: Secret of the Tomb" (PG) -- The kooky museum figures who come to life at night are in trouble -- their magic spell is fading and they have to go on a cross-continental adventure to fix it! This third installment in the Ben Stiller action-comedy for kids takes museum guard Larry (Stiller) to London with his crew of animated exhibits -- notably Teddy Roosevelt (Robin Williams); Octavius, the tiny centurion (Steve Coogan); and Jedidiah, the tiny cowboy (Owen Wilson).

The movie is (supposedly) the last one in the series, and revs up audience-interest early on with the change of scenery and the sense of urgency in the plot. Without a whole lot left in the tank for these characters, the movie goes for a kind send-off to the historical goofballs.

"Listen Up Philip" (R) -- Philip's soon-to-be released book will surely rocket him to the top of the literary world, landing him high among the geniuses. He's a brilliant success, and it's frustrating that nobody has realized it yet. Jason Schwartzman plays the self-absorbed author, who ditches his girlfriend (Elizabeth Moss) to spend



Robin Williams in "Night at the Museum: Secret of the Tomb"

time on himself at a country home owned by his mentor (Johnathan Pryce).

This protagonist is just so unlikable, that by the end you'll wonder how you sympathized with him in the first place. Part of Philip's creative process is unloading emotional burdens on others and wallowing in the fallout. Still, it's a fun sort of dark comedy, watching a success grow less and less redeemable.

"The Liberator" (R) -- This Venezuelan historical epic chronicles the campaigns of Simon Bolivar, the revolutionary who fought against Spanish rule in South America. History buffs and those hoping for a nuanced character will be disappointed by the flat portrayal of Bolivar as a dashing and determined national hero. Edgar Ramirez has a fine track record playing complex

and powerful characters in "Che" and "Carlos," but the script and direction of this flick veers strictly for the simplistic interpretation.

"Wolfcop" (R) -- Sheriff Lou Garou (Leo Fafard) is a hard-drinking small-town lawman who has some terrible self-control issues. Wild and crazy demons give old Lou the curse of lycanthropy -- turning the hopeless drunk into a night-prowling werewolf of justice. With his redneck sidekick, Wolfcop doesn't just take a bite out of crime, he rips crime into bite-size chunks. Instead of trying to be utterly terrible and hoping you'll laugh, this obviously-in-poor-taste actually has a sense of humor and makes some good use of it. It's not solid all the way through, but it makes for a fine grind-tastic horror-comedy.



"Trigger Warning: Short Fictions and Disturbances"
By Neil Gaiman
(William Morrow, \$26.99)
Reviewed by Ealish Waddell

"Many of these stories end badly for at least one of the people in them."

Perhaps no sentence encapsulates the eerie, vertiginous work of fantasist Neil Gaiman quite like this one from the introduction to "Trigger Warning," his new collection of short stories. The title refers to the practice of giving advance notice of material that may shock, disturb or offend.

For this book, Gaiman posits that the only warning should be "enter at your own risk." Sometimes fiction isn't safe, and shouldn't be, for it's often from unsettling and upsetting experiences that one can learn the

TV RELEASES

"Legend of Korra: Book Four: Balance"
"Gomer Pyle U.S.M.C.: The Complete Series"
"Chef's Life: Season 1"
"Chef's Life: Season 2"
"Treehouse Masters: Season 1"
"Matlock's Greatest Cases"

most. And the subjects of these stories learn a lot: That people are rarely what they seem. That myths rarely ever die. The best way to build a new reality out of books (stick to the paperbacks; hardcovers are too heavy). Why we still don't have flying cars. And to never trust a duck, especially in a poker game.

Gaiman calls these tales "experiments," and seems to thoroughly enjoy the eccentricity that label allows. The stories are diverse and eclectic, inspired by fairy tales and ghost stories, Doctor Who and Sherlock Holmes, David Bowie and Ray Bradbury. Some revisit established settings,

including a new tale set in the universe of Gaiman's celebrated novel "American Gods," while others create their own weird worlds from scratch.

But everywhere lurks that familiar Gaiman sense of unease and imbalance: Even in the most mundane of places, even in the happy endings, there's a feeling that things could turn on the edge of a knife, that the shadows may yet lunge out and bite. In the hands of a good writer, that frisson of danger brings a special thrill to the terrible. In the hands of a master like Gaiman, it can take on a strange wonder and beauty as well.

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Comics & Puzzles

Super Crossword

Answers

C	A	B	A	R	E	T		O	G	R	A	D	I		A	D	R	I	F	T
O	V	E	R	A	G	E		U	R	A	N	I	A		G	O	A	T	E	E
L	O	Z	E	N	G	E		T	E	N	G	A	L	L	O	N	H	A	T	S
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P	A	R	E	N	T		O	D	E	S	S	A		A	T	L	E	A	S	

Weekly SUDOKU

Answer

3	1	7	2	6	4	8	5	9
5	6	4	3	8	9	2	7	1
2	9	8	1	7	5	4	3	6
8	2	1	5	3	6	9	4	7
9	7	5	8	4	1	3	6	2
4	3	6	7	9	2	5	1	8
1	5	9	4	2	7	6	8	3
6	4	3	9	1	8	7	2	5
7	8	2	6	5	3	1	9	4

PLAYED IN MORE THAN 150 NBA PLAYOFF GAMES

Differences: Collar is smaller. 2. Birdhouse is missing. 3. Pot is different. 4. Sign is smaller. 5. Scarf is different. 6. Lamp is missing.



100-Year-Old Recipe a Delicious Reminder

March is National Women's History Month, and we'd like to name some honorees of our own -- wonderful women who've made significant and lasting contributions to the world of food in our country.

When we think of people who influenced our cooking, we think of our mothers, grandmothers or aunts. It's our families that give us our history, and food is very much a part of that. But when women stepped outside the home to become cooks and professional chefs, they made history for all women. They proved that in a world where few females had gone before, they not only achieved success, they changed the industry.

One of the most inspiring stories about the triumphant female chefs is the biography of Edna Lewis, the granddaughter of an emancipated slave. In 1949, she opened a successful and high-profile restaurant in Manhattan at a time when few women, especially black women, owned businesses. She cooked for luminaries such as William Faulkner, Truman Capote and Gloria Vanderbilt.

One of Edna's favorites was a Lane Cake, also called an Amalgamation Cake. The cake was created after the Civil War. "Amalgamation" means "combining or uniting," and the cake's name may have symbolized the union of race and culture marked by the freeing of blacks from slavery.

The history behind the Lane Cake and the Amalgamation Cake is varied, but somewhere their paths cross. Today, both cakes are white cakes with a filling of raisins, nuts and coconut. Some recipes also use bourbon, dark rum or brandy.

This recipe was passed down from contributor Gina Harlow's



husband's grandmother. She was given the recipe by her mother-in-law, which makes it more than 100 years old!

AMALGAMATION CAKE

For the cake:
2 sticks (1 cup) unsalted butter, room temperature, plus more for the pans
3 cups all-purpose flour, more for the pans
2 teaspoons baking powder
1/4 teaspoon salt
2 cups granulated sugar
1 cup whole milk, room temperature
5 egg whites, room temperature

For the fruit filling:
5 egg yolks, room temperature
1 1/2 cups granulated sugar
1 stick (1/2 cup) unsalted butter
1 cup raisins
1 cup sweetened grated coconut
1 cup chopped pecans

For the boiled white frosting:
2 cups granulated sugar
3/4 cup water
1 teaspoon cream of tartar
2 egg whites, room temperature

For the sugared pecans (optional):
1 tablespoon unsalted butter
1 egg white
1 tablespoon water
2 cups pecans
1/2 cup granulated sugar

For the cake:
1. Heat oven to 350 F. Butter

and flour two 9-by-2-inch cake pans. Set aside.

2. Sift together 3 cups flour, baking powder and salt. Set aside.

3. Place butter in bowl of electric mixer. Cream on medium-low speed and gradually add sugar. Continue mixing until pale yellow. Alternating between dry and wet ingredients, starting and ending with dry, add the flour mixture and milk to the butter mixture. Set aside. (The batter will be very stiff and thick.)

4. In a clean second bowl of an electric mixer fitted with the whisk attachment, beat the egg whites to stiff peaks, 3 to 5 minutes. Take a cup or so of beaten whites and whisk into batter. Fold in remaining beaten whites. Divide batter between prepared pans.

5. Bake until the tops are pale golden and a toothpick inserted into the center comes clean, 35 to 40 minutes. Remove to rack to cool slightly. Invert the cake layers onto a rack to cool completely.

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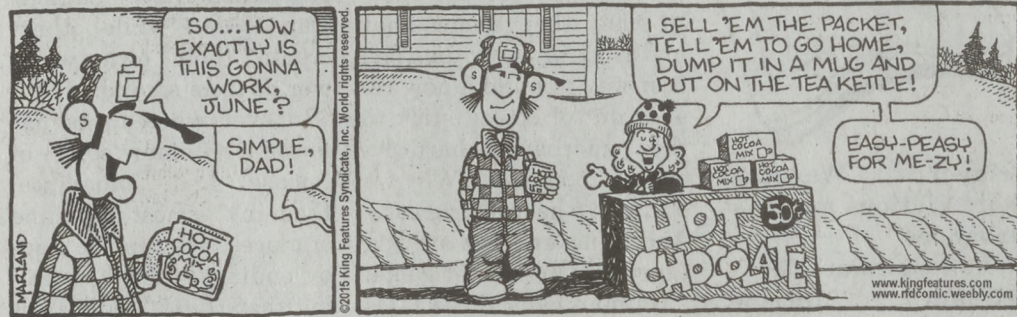
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1115 West Capitol Avenue, West Sacramento, CA 95691

PUZZLES & COMICS

R.F.D.

by Mike Marland



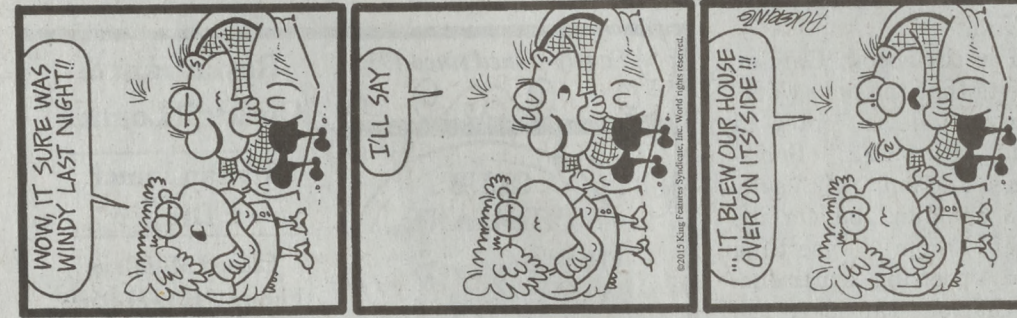
Amber Waves

by Dave T. Phipps



The Spats

by Jeff Pickering



Out on a Limb

by Gary Kopervas



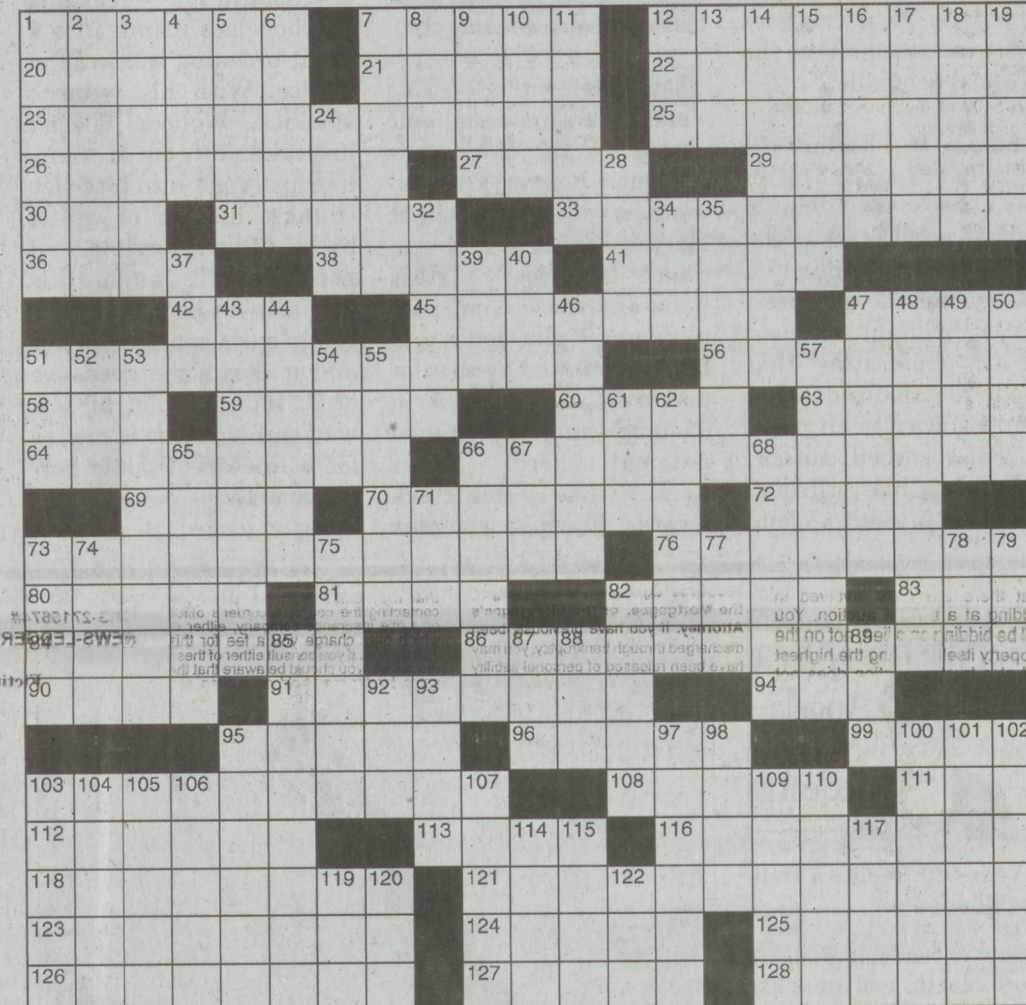
Puzzle answers are on Page 5



Super Crossword

SHALL I COMPARE THEE?

- ACROSS**
- 1 Scared
 - 7 Side of a cut gem
 - 12 Fighting junk e-mail
 - 20 GMC truck
 - 21 Sunni's god
 - 22 "Mona Lisa" painter
 - 23 Danes wearing more frills?
 - 25 Easily caught baseball hits
 - 26 TV reception enhancers
 - 27 Tend the soil
 - 29 Court mallets
 - 30 SSgt., e.g.
 - 31 Steel city in the Ruhr
 - 33 Feldman acting more bashfully?
 - 36 Time spent in office
 - 38 Rubbish
 - 41 Angry with
 - 42 "Modern Family" ailer
 - 45 Certain quadrilateral
 - 47 One who's worshiped
 - 51 Griffin suffering more pain?
- DOWN**
- 56 Vacuum tube variety
 - 58 Pastoral tract
 - 59 Spanish for "houses"
 - 60 Prefix with mobile
 - 63 Charles of chair design
 - 64 Founding father Franklin
 - 66 Hemingway feeling more uptight?
 - 69 Noblewoman
 - 70 Flowers from Mexico
 - 72 Med. scans
 - 73 Fisher using more off-color language?
 - 76 Believing in one God
 - 80 "Remember the —!"
 - 81 "Splendor in the Grass" director
 - 82 John of lawn tractors
 - 83 I, to Klaus
 - 84 Import taxes
 - 86 Allen being more sly?
 - 90 Venue
 - 91 Big company, investment-wise
 - 94 Swirly letter
 - 95 Around, as a year
 - 96 Warble
 - 99 "I — film today ..." (Beatles lyric)
 - 103 Buck looking more sickly?
 - 108 Nobelist
 - 111 Fleur-de- — (iris)
 - 112 Andean pack animals
 - 113 Light collision
 - 116 Minnow, e.g.
 - 118 Weird things
 - 121 Duchamp showing more serenity?
 - 123 Chastised loudly
 - 124 Kowtow, say
 - 125 Brown slowly
 - 126 Grinning
 - 127 Nobelist Irish poet
 - 128 Rococo
 - 1 Leaning
 - 2 Engaged man
 - 3 Parish leader
 - 4 Singer
 - 5 India. —
 - 6 "Papas of 'Z'"
 - 8 Mends, as holey socks
 - 7 Less true
 - 8 — carte menu
 - 9 Film teaser
 - 10 British noble
 - 11 2003-07 Fox drama series
 - 12 High mount
 - 13 Revived: Prefix
 - 14 First-rate
 - 15 "Actually..."
 - 16 Gunfire burst
 - 17 Nosy sort
 - 18 "Someone Like You" singer
 - 19 Lichen-filled
 - 24 Film's actors
 - 28 Uterus
 - 32 Drug busters
 - 34 Hoopster
 - 35 Newspaper employee
 - 37 — tai
 - 39 "Button it!"
 - 40 — polloi
 - 43 Happened to
 - 44 "Mad Money" host Jim
 - 46 Bad guy
 - 47 Pakistanis' neighbors
 - 48 Not foreign, as policy
 - 49 Lyric works
 - 50 "Judge not, — ye be judged"
 - 51 Tirana's land: Abbr.
 - 52 Dee lead-in
 - 53 Vendor's pushable vehicle
 - 54 "Do — say, not..."
 - 55 "Grease" director
 - 57 Hunting dogs
 - 61 Old Glory's country
 - 62 One being examined
 - 65 "Thor" actress
 - 66 Old Balkan region
 - 67 Lilly of drugs
 - 68 Come to light
 - 71 Jackie's #2
 - 73 "Curses!"
 - 74 Jai —
 - 75 Basso Slep
 - 78 Here, to Fifi
 - 79 Fidel's friend
 - 82 Immerse
 - 85 Opposite
 - 87 Pretend
 - 88 Long-jawed fish
 - 89 Biblical beast
 - 92 Philips rival
 - 93 Attire
 - 95 Lunar feature
 - 97 Defames in writing
 - 98 — jet
 - 100 Keys of R&B
 - 101 Least naive
 - 102 Singer
 - 103 Ruses
 - 104 John on the Mayflower
 - 105 Chili server
 - 106 Boxer
 - 107 Fortuitous
 - 109 Pole dance?
 - 110 "Oh My My" singer
 - 114 Lion's locks
 - 115 "SOS!" e.g.
 - 117 Drescher or Tarkenton
 - 119 Gift for music
 - 120 Many GPS lines: Abbr.
 - 122 Gathered



MAGIC MAZE • — ROSE

GO FIGURE!

by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ***

* Moderate ** Difficult *** GO FIGURE!

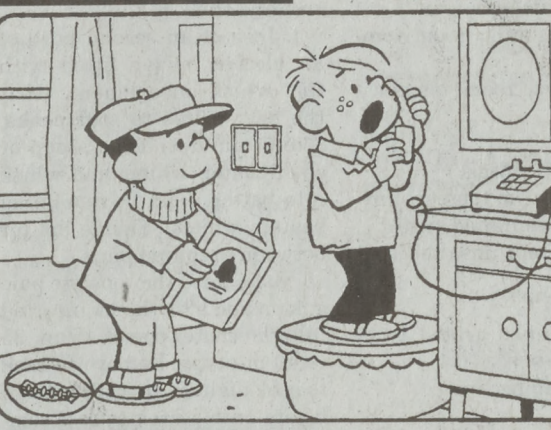
	x	-		26
+		x		
	x	+		26
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	x		+	14
33	14		26	

2 2 3 4 5 6 7 8 9

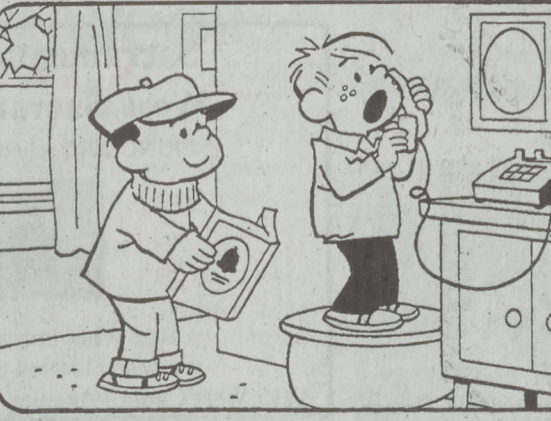
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Weekly SUDOKU

by Linda Thistle

5		6				7
	9		8			6
	8			1	2	3
6	1			8	9	
	4	2				1
7		3			2	
8		4			5	
	5		2	7		6
	2		5	3		

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: *

* Moderate ** Challenging *** HOO BOY!

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In Loving Memory of Vera Havey

Vera Havey of West Sacramento passed away at the vibrant age of 91.

Vera was born Feb. 14, 1924, in Sacramento to Anthony and Frances Latino, and was number eight of 14 children in her large Italian family. She was a graduate of Sacramento High School and worked for the State of California for many years.

She is survived by her children, Debbie Cumbra (Ernie), Michael Havey and Bill Havey (Jane), ten grandchildren and 11 great grandchildren, by sister Louise Megarry, as well as several nieces and nephews.

She was a pillar of strength for her family and lived a very full life. She was preceded in death by her parents, by son Ronnie Havey, and by 12 siblings.

We will miss her smile, sense of humor, great cooking, and her unconditional love.

Family and friends are invited to a viewing on Wed., Feb. 25, from 5-7 p.m. at Nicoletti, Culjis & Herberger Funeral Home, 5401 Folsom Blvd., Sacramento, with Rosary to follow at 7 p.m. The funeral mass will be held on Thurs., Feb. 26, at 11 a.m. at Our Lady of Grace Catholic Church, 911 Park Blvd., West Sacramento. Reception to follow burial.



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Fictitious Business Name Statement
Filed Jan 15, 2015
File No. 2015-058

The following person is doing business as Bryte Way Market, 1552 Lisbon Ave., West Sacramento CA 95605, in Yolo County.

Harjinder Singh, 18 Grand Canyon Ct., Sacramento CA 95835; Buta Singh, 8428 Arrowroot Circ., Antelope CA 95843.

This business is conducted by a General Partnership.

The registrant commenced to transact business under the fictitious business name or names listed above on N/A.

/s/Harjinder Singh
 I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
 County of Yolo
 Freddie Oakley, Clerk
 Date: Jan 15, 2015
 /s/Peggy Vigil, Deputy Clerk
 Feb 4 11 18 25

Fictitious Business Name Statement
Filed Jan 9, 2015
File No. 2015-13

The following person is doing business as Synergy Race Timing, 410 Woodhaven Pl., West Sacramento CA 95605, in Yolo County.

Eric Bauer and Jennifer Bauer, same address as above.

This business is conducted by a Married Couple.

The registrant commenced to transact business under the fictitious business name or names listed above on 1/20/15.

/s/Eric Bauer
 /s/Jennifer Bauer
 I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
 County of Yolo
 Freddie Oakley, Clerk

Date: Jan 9, 2015
 /s/Kimberli Quam, Deputy Clerk
 Feb 4 11 18 25

Fictitious Business Name Statement
Filed Jan 23, 2015
File No. 2015-85

The following person is doing business as H20 Purified Water, 1897 E. Gibson Rd., #C, Woodland CA 95776, in Yolo County.

ERTO, INC., 17 Tajo Ct., Sacramento CA 95835.

This business is conducted by a Corporation.

The registrant commenced to transact business under the fictitious business name or names listed above on N/A.

/s/Robert Stennes, Pres. ERT0, INC.

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
 County of Yolo
 Freddie Oakley, Clerk
 Date: Jan 23, 2015
 /s/Linda Smith, Deputy Clerk
 Feb 4 11 18 25

Fictitious Business Name Statement
Filed Jan 14, 2015
File No. 2015-54

The following person is doing business as Yolo County Crematory, 175 Second St., Woodland CA 95695, in Yolo County.

Paul R. Wiggins, 175 Second St., Woodland CA 95695; Lailene V. Wiggins, 1119 Lochbrae Rd., Sacramento CA 95815.

This business is conducted by a Limited Liability Partnership.

The registrant commenced to transact business under the fictitious business name or names listed above on N/A.

/s/Paul R. Wiggins
 /s/Lailene V. Wiggins

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
 County of Yolo
 Freddie Oakley, Clerk
 Date: Jan 14, 2015
 /s/Kimberli Quam, Deputy Clerk
 Feb 4 11 18 25

Fictitious Business Name Statement
Filed Jan 5, 2015
File No. 2015-009

The following person is doing business as DermPathLocums, 44547 South El Macero Drive, El Macero CA 95618, in Yolo County.

Oliver J. Stanton, same address as above.

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on 12/08/14.

/s/Oliver J. Stanton

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
 County of Yolo
 Freddie Oakley, Clerk
 Date: Jan 5, 2015
 /s/Kimberli Quam, Deputy Clerk
 Feb 4 11 18 25

Fictitious Business Name Statement
Filed Jan 12, 2015
File No. 2015-36

The following person is doing business as Southport Smog, 45 15th St., West Sacramento CA 95691, in Yolo County.

Jose Marin, 412 3rd St. Apt #A, West Sacramento CA 95605.

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on 12/1/14.

/s/Jose Marin
 I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
 County of Yolo
 Freddie Oakley, Clerk
 Date: Jan 12, 2015
 /s/Kimberli Quam, Deputy Clerk
 Feb 4 11 18 25

Fictitious Business Name Statement
Filed Jan 12, 2015
File No. 2015-37

The following person is doing business as Culbreth Schroeder LLP, 2945 Ramco St., Suite 110, West Sacramento CA 95691, in Yolo County.

Eric M. Schroeder, 3545 Pacifica Lane, Elk Grove, CA 95758; William M. Loscotoff, 1422 Weller Way, Sacramento CA 95818.

This business is conducted by a Limited Liability Partnership.

The registrant commenced to transact business under the fictitious business name or names listed above on 5/7/04.

/s/Eric M. Schroeder
 /s/William M. Loscotoff

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
 County of Yolo
 Freddie Oakley, Clerk
 Date: Jan 12, 2015
 /s/Kimberli Quam, Deputy Clerk
 Feb 4 11 18 25

Fictitious Business Name Statement
Filed Jan 30, 2015
File No. 2015-113

The following person is doing business as Fitness With Lil, 813 Harbor blvd. #182, West Sacramento CA 95691, in Yolo County.

Lilia Barrett, 3867 Otay St., West Sac. CA 95691.

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on 1/29/15.

/s/Lilia Barrett

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the

document, AND as long as the document is sealed with a red seal.

State of California
 County of Yolo
 Freddie Oakley, Clerk
 Date: Jan 30, 2015
 /s/Kimberli Quam, Deputy Clerk
 Feb 4 11 18 25

Fictitious Business Name Statement
Filed Jan 5, 2015
File No. 2015-008

The following person is doing business as Screen Printers Ink, 2510 Evergreen Ave Suite E, West Sacramento CA 95691, in Yolo County.

Anthony Gilbert Loya, 8650 Nemesa Way, Elk Grove CA 95624.

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on 1/1/2015.

/s/Anthony G. Loya

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
 County of Yolo
 Freddie Oakley, Clerk
 Date: Jan 21, 2015
 /s/Kimberli Quam, Deputy Clerk
 Feb 4 11 18 25

Fictitious Business Name Statement
Filed Jan 27, 2015
File No. 2015-95

The following person is doing business as Matchbook Wine Company; Matchbook Winery, 12300 County Road 92B, Zamora CA 95698, in Yolo County.

Crew Wine Company, LLC, same address as above.

This business is conducted by a Limited Liability Company.

The registrant commenced to transact business under the fictitious business name or names listed above on 3/1/06.

/s/Lane Giguere, LLC Member

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
 County of Yolo
 Freddie Oakley, Clerk
 Date: Jan 27, 2015
 /s/Linda Smith, Deputy Clerk
 Feb 4 11 18 25

Fictitious Business Name Statement
Filed Jan 13, 2015
File No. 2015-44

The following person is doing business as Kombucha Couture, 3425 Koso St., Davis CA 95618, in Yolo County.

Sacha Leigh Hanly Laurin.

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on 9/1/14.

/s/Sacha Laurin

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
 County of Yolo
 Freddie Oakley, Clerk

DREAMS from page 1

dreamer, who might say, 'I had the goofiest dream last night.'

"People are always telling me that, and I can hardly wait for people to tell me the dream because it is not going to be goofy to me at all."

Katheryn, now in her 70s, had a stroke a couple years ago. "When I had the stroke, the first 24 hours certainly, I thought that I'm going to die. I had never been sick before. I couldn't move. I couldn't roll over in bed. It was awful, scary."

The second night after the stroke, Katheryn dreamt. "I was on a freeway, stopped at a rest area where they have big maps, and I was looking at a map."

A voice said to me, "You are going to end up where you planned, but you are taking a side road."

"Well, I'm okay. I'm going forward," she thought. "It was wonderful."

Katheryn is still recovering from her stroke, and is ready to share her knowledge of dreams.

"I have not deviated from the belief that dreams are a source of guidance for us," Katheryn said. "If you get

in touch with the dream language and you work with them, they will guide you."

"Dream sharing touches me deeply. Whatever I do has to be for the good of humanity. I don't know any other way. It's not going to be worth anything to me if it doesn't in some way benefit this world."

Katheryn continues to see dreams as one of the many windows to the soul. As she has aged, and particularly since her stroke, she has deepened her interest in helping others navigate the challenges of aging.

"It takes great courage and self acceptance to age with meaning," she said. "However, the rewards of this part of the journey can be bountiful."

Hungry? WINGS++



1258 Merkley Ave.
 (just east of Jefferson)
West Sac. CA 95691
(916) 375-1831

Ventura Construction

Owner: Lawrence Rodriguez

All Types of Handyman Work:

Custom Concrete - Cleanup/Hauling
 - Bobcat Work - Courtyard Rod Iron
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 - Tile - Landscaping



Lic. #329932

(916) 228-0908

NOTICE OF TRUSTEE'S SALE TS

No. CA-11-456719-RM Order No.:

110336983-CA-GT1 YOU ARE IN

DEFAULT UNDER A DEED OF TRUST

DATED 4/8/2006 UNLESS YOU

TAKE ACTION TO PROTECT YOUR

PROPERTY, IT MAY BE SOLD AT

A PUBLIC SALE. IF YOU NEED AN

EXPLANATION OF THE NATURE

OF THE PROCEEDING AGAINST

YOU, YOU SHOULD CONTACT A

LAWYER. A public auction sale to the

highest bidder for cash, cashier's check

drawn on a state or national bank, check

drawn by state or federal credit union,

or a check drawn by a state or federal

savings and loan association, or savings

association, or savings bank specified in

Section 5102 of the Financial Code and

authorized to do business in this state,

will be held by duly appointed trustee.

The sale will be made, but without

covenant or warranty, expressed or

implied, regarding title, possession, or

encumbrances, to pay the remaining

principal sum of the note(s) secured

by the Deed of Trust, with interest

and late charges thereon, as provided

in the note(s), advances, under the

terms of the Deed of Trust, interest

thereon, fees, charges and expenses

of the Trustee for the total amount (at

the time of the initial publication of the

Notice of Sale) reasonably estimated

to be set forth below. The amount

may be greater on the day of sale.

BENEFICIARY MAY ELECT TO BID

LESS THAN THE TOTAL AMOUNT

DUE. Trustee(s): VLADIMIR TISKY, A

MARRIED MAN Recorded: 4/18/2005

as Instrument No. 2005-0017729-00

of Official Records in the office of the

Recorder of YOLO County, California;

Date of Sale: 3/11/2015 at 12:00:00

PM Place of Sale: At the rear (North)

entrance to the City Hall Building,

1110 West Capitol Avenue, West

Sacramento, CA 95691 Assessor's

Parcel No.: 046-542-009 NOTICE TO

POTENTIAL BIDDERS: If you are

considering bidding on this property

lien, you should understand that there

are risks involved in bidding at a trustee

auction. You will be bidding on a lien,

not on the property itself. Placing the

highest bid at a trustee auction does

not automatically entitle you to free and

clear ownership of the property. You

should also be aware that the lien being

auctioned off may be a junior lien. If you

are the highest bidder at the auction, you

are or may be responsible for paying off

all liens senior to the lien being auctioned

off, before you can receive clear title to

the property. You are encouraged to

investigate the existence, priority, and

size of outstanding liens that may exist

on this property by contacting the county

recorder's office or a title insurance

company, either of which may charge

you a fee for this information. If you

consult either of these resources, you

should be aware that the same lender

may hold more than one mortgage or

deed of trust on the property. NOTICE

TO PROPERTY OWNER: The sale

date shown on this notice of sale may

be postponed one or more times by

the mortgage, beneficiary, trustee,

or a court, pursuant to Section 2924g

CLASSIFIED ADVERTISING

LANDSCAPE & GARDENING

Mark A. Cooper maintenance Services. Weekly & biweekly lawn maintenance service. House rain gutter cleaning, one-time cleanups, lawn aeration. Licensed & insured. Call for free estimate. Mark Cooper, (916) 207-9870 (corrected number).

YOU CAN AND SHOULD ADVERTISE HERE!

It's only a flat \$12/month for an ad of up to 25 words in the News-Ledger's classified ad section, read by thousands of loyal West Sacramentans! Call 371-8030 or email steve@news-ledger.com

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Tune up your lawnmower, weed eater or chainsaw; gutter work; plumbing; tree work; yard cleanup; carpentry; decks; landscaping; hauling. No job too small! Call Dave, All Service Maintenance, 375-1993. Free estimates.

HANDYMAN: Ventura Construction. Owner: Lawrence Rodriguez. All types of handyman work: custom concrete, cleanup/hauling, bobcat work, rod iron fences, pressure wash, gutter cleaning, screens/windows, carpets, tile, landscaping. Lic. 329932. Call (916) 228-0908. (2.28.15)

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J&J PLUMBING: We handle emergencies, plus scheduled plumbing work, remodels, sewers & drains. 371-4151. Cont lic. 552529.

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Too much clutter? Call 'Chuck Your Junk,' your local junk hauler. www.chuckyourjunk.biz. (916) 877-4581. Email info@chuckyourjunk.biz.

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WEB DESIGN

Need a strong website for your business? Local web designer & photographer can do the job! Call Eric, (888) 650-0790.

ADOPTIONS

PREGNANT? CONSIDERING ADOPTION? Call us first. Living expenses, housing, medical, and continued support afterwards. Choose adoptive family of your choice. Call 24/7. 1-877-879-4709 (CalSCAN)

ANNOUNCEMENTS

Hot Flashes? Women 40-65 with frequent hot flashes, may qualify for the **REPLENISH Trial** - a free medical research study for post-menopausal women. Call 855-781-1851 (CalSCAN)

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Are you in BIG trouble with the IRS? Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Seen on CNN. A BBB. Call 1-800-761-5395. (Cal-SCAN)

Reduce Your Past Tax Bill by as much as 75 Percent. Stop Levies, Liens and Wage Garnishments. Call The Tax DR Now to see if you Qualify 1-800-498-1067. (Cal-SCAN)

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HEALTH/ MEDICAL

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Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 75 percent on all your medication needs. Call today 1-800-273-0209 for \$10.00 off your first prescription and free shipping. (Cal-SCAN)

VIAGRA 100mg or CIALIS 20mg. 40 tabs +10 FREE all for \$99 including FREE, Fast and Discreet SHIPPING. 1-888-838-0780. Metro-Meds.net (Cal-SCAN)

HELP WANTED

West Sacramento Diesel Machine Shop is looking for an experienced machinist with/without knowledge of Cylinder Blocks, Heads, Connecting Rods, etc. Must be hard working/dependable, F/T, Wage DOE Email resume to tracy@brheadblock.com (3.11)

Police Officer (Academy Grad & Lateral) for City of West Sacramento. \$5554-6751/mo + exclnt bnfts. For complete info, send SASE, indicating position to HR, 1110 W Capitol Ave, W Sacramento, CA 95691 or visit www.cityofwestsacramento.org. FFD: Application packages received by 5pm, 3/3/15 will be included in next phase of testing.

AVON - Earn extra income with a new career! Sell from home, work, online. \$15 startup. For information, call: 877-830-2916. (CalSCAN)

HELP WANTED/ DRIVERS

ATTN: Drivers - \$2K Sign-On Bonus! \$\$ RECENT PAY INCREASE \$\$ Make \$55,000 your first year! Newer KW 1660 and 1680's. CDL-A Req - (877) 258-8782 www.ad-drivers.com (Cal-SCAN)

DRIVERS - NO EXPERIENCE? Some or LOTS of experience? Let's Talk! No matter what stage in your career, it's time, call Central Refrigerated Home. 888-891-2195 www.CentralTruck-Drivingjobs.com (CalSCAN)

OBTAIN CLASS A CDL IN 2 ½ WEEKS. Company Sponsored Training. Also Hiring Recent Truck School Graduates, Experienced Drivers. Must be 21 or Older. Call: (866) 275-2349. (Cal-SCAN)

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Compare Medicare Supplement Plans and Save! Call NOW during Open Enrollment to receive Free Medicare Quotes from Trusted, Affordable Companies! Get covered and Save! Call 844-277-0253. (Cal-SCAN) Until Further Notice Lowest Prices on Health & Dental Insurance. We have the best rates from top companies! Call Now! 888-989-4807. (CalSCAN)

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NOTICES

from page 7

Fictitious Business Name Statement
Filed Feb 3, 2015
File No. 2015-123

The following person is doing business as **PROVI-CARE HOME SERVICES; PROVI-CARE HOME ATTENDANT SERVICES**, 1535 Highland Dr., W. Sacramento CA 95691, in Yolo County.

Wilma L. Bulaong, same address as above.

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on N/A.

/s/Wilma L. Bulaong
I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Feb 3, 2015
/s/Linda Smith, Deputy Clerk
Feb 25 March 4 11 18

Fictitious Business Name Statement
Filed Jan 12, 2015
File No. 2015-033

The following person is doing business as **Kwik Stop**, 100 Sacramento Ave., West Sacramento CA 95605, in Yolo County.

Dilpreet Singh Hundal, 8824 Fiador Ct., Roseville CA 95747.

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on 6/1/2013.

/s/Dilpreet S. Hundal

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Jan 12, 2015
/s/Kimberli Quam, Deputy Clerk
Feb 25 March 4 11 18

ORDER TO SHOW CAUSE FOR CHANGE OF NAME PT15-114

PETITION OF Tamara Lynn Bowers FOR CHANGE OF NAME

TO ALL INTERESTED PERSONS:

Petitioner Tamara Lynn Bowers filed a petition with this court for a decree changing names as follows:

Present name: Tamara Lynn Bowers

Proposed name: Tamara Lynn McCormack

THE COURT ORDERS that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the

matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

NOTICE OF HEARING: April 9, 2015, at 9:00 a.m. in Dept. 2, Superior Court of California, County of Yolo, 725 Court St., Woodland CA 95695.

A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: News-Ledger.

Date: Feb 2, 2015
TIMOTHY L. FALL
Judge of the Superior Court
Feb 25 Mar 4 11 18

ORDINANCE SUMMARY
At their regular meeting on March 4, 2015, the West Sacramento City Council is scheduled to adopt Ordinance 15-1 amending Chapter 2.20 of the Municipal Code concerning Boards & Commissions. The meeting will be held at 1110 West Capitol Avenue, West Sacramento in the Council Chambers at 7:00 p.m.

The full text of the ordinance is available in the City Clerk's Office, 1110 West Capitol Avenue, West Sacramento, CA 95691.

Feb 25

Send your local, nonprofit calendar event news to:
'Local Scene'
News-Ledger,
P.O. Box 463,
West Sacramento CA
95691.
Or email it to:
steve@news-ledger.com

News-Ledger Directory of Local Places of Worship

Looking for a place to worship? Check here first! To find out how to list your place of worship in this directory, email steve@news-ledger.com	Community Lutheran Church 920 Drever St., 371-8804 10 a.m. Worship/Sunday School Friendly, inclusive faith language, Progressive theology LGBT, Interfaith folks welcome www.community-lutheran-church.net	Our Lady of Grace Catholic Church 911 Park Blvd., 371-4814 Father Nicholas Ho Masses: Sat. Vigil 5:30pm Sunday 9 & 11 a.m. Weekdays 7 a.m. No Mass on Thursday
Center for Spiritual Awareness 1275 Starboard Dr. 374-9177 (For prayer line, listen for prompt) Sun. Service: 10:15 Youth Programs & Jr. Church Rev. Georgia Prescott www.csasacramento.org for weekly affirmations. <i>All are welcome!</i>	Good Shepherd Parish <i>A welcoming, independent Catholic Community</i> (916) 747-0284, 920 Drever St. www.GoodShepardCommunity.org Sunday Mass 4:30 p.m.; Reconciliation Service Dec. 18 at 4:30 p.m.; Christmas Morning Mass 10 a.m. Pastor Tony Prandini, OSFC	Seventh Day Adventist Church Sasa Andelkovic, Senior Pastor 2860 Jefferson Blvd., W. Sac. PO Box 447, W. Sac. 95691 Sat. Sabbath School 9:30 a.m. Worship 11 a.m. 372-6570
Trinity Presbyterian Church 1500 Park Blvd. W. Sac. CA 916.371.5875 www.TrinityWestSac.org administrator@TrinityWestSac.org Pastor: Rev. Eric Keller Assoc. Pastor, Latino Outreach: Rev. Tina Torres Sunday Worship Services: 9 a.m. Contemporary 10:30 a.m. Spanish Language 11 a.m. Blended/Traditional	Holy Cross Catholic Church 1321 Anna St. (corner of Anna & Todhunter) Pastor Efrén García Sat. Vigil 5 p.m. (English) Sunday 9 a.m. (English) Noon & 7 p.m. (Spanish) Mon., Tues., Wed. & Fri. 8:30 a.m. Thurs. 6:45 p.m. (Spanish) Call 371-1211	West Sacramento Baptist Church Sun. School 9:30 a.m. Sun. Worship 11am Wed. 6:30pm Prayer Meeting & Bible Study 2124 Michigan Blvd. 371-2111
SouthPort Community Church Pastor Bruce Maier Celebration Worship Sunday 10:30 a.m. KidLand during service. Youth & Small Group Ministry for All Ages. Call 372-7818. Meets at 2919 Promenade St. www.southportcommunity.com	Lighthouse Covenant Church 3605 Gregory Ave (in Southport, where Jefferson, Davis & Gregory meet) (916) 371-6706 Pastor Don Bosley American Buddhist Seminary Temple at Sacramento Mindfulness Meditation Practice for general mental health Please call for schedule (916) 371-8535 423 Glide Ave., West Sac. www.abstemple.org	New Discovery Christian Church Meets at Riverbank Elem. School multipurpose room (rear of school), 10:30 a.m. Sundays. Nondenominational. Casual dress. Pastor Jerry Green (916) 933-2351
Horizon Christian Fellowship Rev. Claude J. Perez, Sr., Pastor 1800 Manzanita Way, 371-3458 SUN: Worship 9:15 am, 11 am TUES. Celebrate Recovery 6:30pm WED. Fuel Station Prayer & Devotion Service, 6:30pm WED. Girls Ministries & Royal Rangers, 6:30pm THURS. CounterCulture Student Service, 7pm	at Sacramento Mindfulness Meditation Practice for general mental health Please call for schedule (916) 371-8535 423 Glide Ave., West Sac. www.abstemple.org	The Church of Jesus Christ of Latter-Day Saints 2667 Linden Rd. Bishop John Vargas (916) 601-5388 Sunday Meeting Times: Sacrament Meeting - 9 AM PUBLIC WELCOME!

Local Scene

Telephone area codes are "916" unless otherwise specified.

Grants

The West Sacramento Foundation offers grants to nonprofit organizations for programs that exclusively benefit West Sacramento residents. Deadline for this year's applications is March 20 (no hand deliveries accepted). Visit www.westsacfoundation.org and download a grant request form.

Questions? Call Charlie Moore, 417-5623.

Cajun tunes

Pete Grimaldi and the Blues Box Bayou Band will play on Sunday, March 15, from 3-6 p.m. at the Bryte Veterans of Foreign Wars Post 9498, 1708 Lisbon Avenue.

\$15/person cover charge includes dance lessons by

Ted Sherrod at 2 p.m. Food available for purchase from 2-4 p.m. Presented by the West Sacramento Cajun/Zydeco Dance Group. Info: Buddy Linker, 371-6303 or 718-4175.

New Assemblyman

Meet West Sacramento's new Assemblyman, Kevin McCarty, and learn about his legislative priorities. You're invited to a reception from 12:30-2:30 p.m. at Club Pheasant, 2525 Jefferson Blvd., West Sacramento. Light receptions. RSVP to 324-4676 or Assemblymember.McCarty@assembly.ca.gov.

Google & you

Learn about the online world of Google maps, images, scholar, mail and search features. Free workshop at the library, 1212 Merkley Avenue, from 9-10 a.m. on

March 3. To register, visit the library or call 375-6465.

Elks Club BBQ

Join the West Sacramento Elks for a barbecued rib dinner from 5 to 8 p.m. on Sat., March 7, at 423 Third Street. \$15 (children under 12 years pay at the door). For tickets or information, call (916) 215-0102 or 995-1749.

Birds & beaks

Families are invited to attend a free presentation all about birds and beaks, 4 p.m. on March 11 at the library. The workshop is presented by Tuleyome, a nonprofit nature-oriented group. 1212 Merkley Avenue.

Gardening tips

Yolo County's Master Gardeners will visit you at the library (1212 Merkley Avenue) at 2 p.m. on March 21, with part of a three-part

series on getting your garden into shape.

Fireworks sales

Is your nonprofit group or church interested in operating a fireworks booth during the 4th of July season to raise money? Attend an informational session about the permit and sales process at 6 p.m. on Thursday, Feb. 26, in the city council chambers, 1110 West Capitol Avenue. The permit lottery will be open to applications during the month of March. More info: Kryss Rankin, City Clerk, 617-4500.

Southern Charm

The Holy Cross Academy will host an evening of 'Southern Charm' on Saturday, March 14, at 800 Todunter Avenue. On the schedule are a dinner of beef brisket or barbecued chicken from J.R.'s Texas BBQ, along with a silent auction, live auction, raffle and dancing. \$25 per person or \$225 for a table of 10. Adults only. The event lasts from 6-10 p.m. Visit www.holycross-westSac.org/support/auction.

Youth awards

Local high school seniors who have volunteered with a recognized Yolo nonprofit for at least 60 hours are invited to apply for a Youth Service Award from the Yolo Community Foundation. Winners will receive a \$1,000 scholarship, and their nonprofit will receive a \$500 grant. Applications are due by April 10. Visit www.yolocf.org.

The Portuguese

The Yolo County Historical Society will put together a program on "Portuguese in

Yolo County" at 2 p.m. on Sunday, April 26, at San Pedro Park, 708 N. Hobson Ave., West Sacramento. The public is invited.

Museums & more

Your Yolo County library card can help you get discounts to Northern California museums and more. Visit www.discover.yolocountylibrary.org.

Free tax help

AARP Tax-Aide offers free, volunteer-run tax preparation assistance sessions from Feb. 7 to April 11 at Riverbend Manor, 664 Cummins way. The program is open to low- and middle-income taxpayers and welcomes those age 60 and up. Sessions will be held noon to 4 p.m. on Saturdays.

Call (916) 905-5947 to make an appointment and learn what to bring.

Education awards

The Yolo County School Boards Association would like you to save the date of March 16: At 5:30 p.m., the association will host its annual award presentation. More information coming later.

Women's history

The Yolo County Women's History Month Committee has scheduled their women's history month luncheon for Thursday, March 5, from 11 a.m. to 1 p.m. at the Woodland Community & Senior Center, 2001 East Street in Woodland. Reservations are due in advance only, by Feb. 27.

This year's theme: "Weaving the Stories of Women's Lives." The organization will honor four women

who are immigrants or descendants of immigrants, including Tanya Volkens (Russian descent) from West Sacramento and Frances Sakai (Japanese descent) of Clarksburg. Each of the stories will be presented by a female student from the Davis High theater program.

Luncheon cost is \$25; make checks payable to WHM, at WHM, P.O. Box 711, Woodland CA 95776. Advance tickets only: deadline is Friday, Feb. 27. Catering by Anderson Family Catering & BBQ of Winters. Proceeds will benefit purchase of women's history materials at local libraries.. Contact Louisa R. Vessell, 451-2113, email lvessell@sbcglobal.net, or visit www.ycwhm.org.

Emergency volunteers

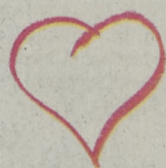
Interested in receiving training to help your community in an emergency?

The West Sacramento Community Emergency Response Team (CERT) will open a free academy of five classes beginning March 17. Visit www.wscert.org. The program is run by the local fire department.

Rock, remembered

"Rock and Radio Remembered," featuring memorabilia from the Sacramento Rock and Radio Museum, is now at the community center (1075 West Capitol Avenue). The exhibit is curated by Dennis Newhall, a West Sacramento native. The exhibit will be available for viewing during business hours through February.

Please see LOCAL, p. 4



SOUTHPORT SELF STORAGE FEBRUARY SPECIAL

AVAILABLE STORAGE UNITS HALF PRICE FOR THE 1ST TWO MONTHS

3080 Promenade Street

West Sacramento, CA 95691

(916)395-3080

We will meet or beat any price for similar size storage units

HANLEES AUTO GROUP



Is your car giving you trouble? Do you have warning lights staring at you while you drive?

Let the experts at Hanlees diagnose your problem for as low as \$49.95 with repair!

Our Factory Trained Technicians will spend up to one hour diagnosing your vehicle's concern and it will only cost you \$49.95 when repairs are performed at the same time...

that's a savings of \$75.05 off your regular price!

Call for an appointment today.



OIL CHANGE OPTIONS

\$26⁹⁹*
Plus Tax

BASIC
Includes Oil and Filter
23-Point Inspection
Air Pressure Check

*May not be combined with other offer. Please present coupon when order is written. Up to 5 quarts of oil. Add \$20.00 for synthetic oil. Plus tax & waste fees. Expires March 25, 2015

\$59⁹⁹*
Plus Tax

SUPREME
Includes Oil and Filter
23-Point Inspection
Air Pressure Check
Tire Rotation
Top Off Fluids

*May not be combined with other offer. Please present coupon when order is written. Up to 5 quarts of oil. Add \$20.00 for synthetic oil. Plus tax & waste fees. Expires March 25, 2015

\$179⁰⁰*
Plus Tax

Coolant Exchange
Includes the addition of cleaner to cooling system, removal of rust and scaling, evacuation of old coolant and addition of new coolant.

*Please present coupon at time of order. May not be combined with any other coupon, offer or advertised special. Cannot be applied to previous purchase. One coupon per customer, per visit. Expires March 25, 2015

MINOR SERVICE

Recommended every 5,000 miles or 6 months, whichever comes first

\$10 OFF*

*Discount taken off of regular posted price. Please present coupon at time of order. May not be combined with any other coupon, offer or advertised special. Cannot be applied to previous purchases. One coupon per customer, per visit. Valid only at Hanlees Davis Toyota. Toyota's only. Expires March 25, 2015

HIGH MILEAGE DISCOUNT

Service on any vehicle over 80,000 miles or more

15% OFF*

*Discount taken off of regular posted price. \$300 maximum discount. Please present coupon at time of order. May not be combined with any other coupon, offer or advertised special. Cannot be applied to previous purchases. One coupon per customer, per visit. Valid only at Hanlees Davis Toyota. Toyota's only. Expires March 25, 2015

INTERMEDIATE SERVICE

Recommended every 15,000 miles or 18 months, whichever comes first

\$20 OFF*

*Discount taken off of regular posted price. Please present coupon at time of order. May not be combined with any other coupon, offer or advertised special. Cannot be applied to previous purchases. One coupon per customer, per visit. Valid only at Hanlees Davis Toyota. Toyota's only. Expires March 25, 2015

TIRE SAVINGS EVENT

Buy 3 tires and get the 4th tire for \$1.00*

*Restrictions apply. See participating Toyota dealer for details. OEM, OEA and WIN replacement tires only. Tires must be dealer-installed. These tires at regular price, fourth tire for one dollar. Fourth tire must be of equal or lesser value. Excludes mounting & balancing, sales tax, shop supplies, tire disposal & other applicable taxes. Excludes previous purchases. Toyota & Scion vehicles only. Expires March 25, 2015

MAJOR SERVICE

Recommended every 30,000 miles or 66 months, whichever comes first

\$30 OFF*

*Discount taken off of regular posted price. Please present coupon at time of order. May not be combined with any other coupon, offer or advertised special. Cannot be applied to previous purchases. One coupon per customer, per visit. Valid only at Hanlees Davis Toyota. Toyota's only. Expires March 25, 2015

COMPLETE AUTO TRANSMISSION FLUID EXCHANGE

\$249⁹⁵*
Plus Tax

*GM vehicles only. Limit one per household. Not valid with any other offer. Must present Coupon. Expires March 25, 2015

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530-231-3300

MON-FRI 7:30AM-5:30PM

Hanlees Nissan

5009 Chiles Road, Davis CA 95616

530-231-3000

MON-FRI 7:30AM-5:30PM • SAT 8AM-3PM